

# January– March 2019

## Therapeutic Recreation Programming for Adults with Disabilities

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e)]. These funds were granted to provide services rendered to Low/Moderate Income Special Needs/Disabled Adults (HUD Eligibility Matrix Code 05B - Handicapped Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of being an adult with a severe disability by a medical doctor. A severe disability are described by the following: Use a wheel chair or another special aid for 6 months or longer; Are unable to perform one or more functional activities (seeing , hearing, having one's speech understood, lifting and carrying, walking up a flight of stairs and walking); Need assistance with activities of daily living (getting around inside the home, getting in or out of bed or a chair, bathing, dressing, eating and toileting) or instrumental activities of daily living (going outside the home, keeping track of money or bills, preparing meals, doing light housework and using the telephone); Are prevented from working at a job or doing housework; Have a selected condition including autism, cerebral palsy, developmental disorders; mental retardation; or are under 65 years of age and covered by Medicare or receive Supplemental Security Income (SSI). **We are not able to provide assistance with toileting, medications or transfers.**

Classes are Free with the required grant documents and doctor's letter. **\*\*No Classes MLK Day, January 21**

### Shopping Smarties

**Location:** Veteran's Recreation Center  
785 East Palomar Street  
**Mondays, 3:00 -4:00pm**  
January 7 - March 18 (No class MLK Day)



**Ages: 18+ Cost: Free**

Come learn the value of money handling with coins, bills credit cards and checks! We will practice real life shopping scenarios. At the end of session the class will be going to a local store to put our learning into action.

**Instructor: Rec Staff**

### Shape Up Fitness

**Location:** Norman Park Senior Center  
270 F Street  
**Mondays, 3:30-5:00pm**  
January 7 - March 18 (No class MLK Day)



**Ages: 18+ Cost: Free**

Come work out and get in shape on Mondays! This class will consist of warm ups, walks, light work out with bands, free weights, treadmills, and recumbent bikes. This is a great chance to meet new friends while getting in shape.

**Instructor: Rec Staff**

### Badminton

**Location:** Heritage Recreation Center  
1382 E Palomar Street  
**Tuesdays, 4:00 pm-5:00pm**  
January 8 - March 12



**Ages: 18+ Cost: Free**

Come learn the fundamentals of badminton. Improve hand eye coordination, gross motor skills and the basics of the game of badminton.

**Instructor: Rec Staff**

### Dance Fun & Fitness

**Location:** Norman Park Senior Center  
270 F Street  
**Wednesdays, 4:00-5:00pm**  
January 9– March 13



**Ages: 18+ Cost: Free**

Cardio Pop is the hottest new dance fitness craze that feels like a party and workout all at the same time. This class will combine easy to follow dance moves for a total body exercise! Come and follow along, no dance experience required, all levels welcome.

**Instructor: Rec Staff**

## **Belly Dancin'**

**Location:** Norman Park Senior Center  
270 F Street  
**Wednesdays, 5:00 –6:00 pm**  
**January 9-March 13**



**Ages: 18+ Cost Free**

Get Ready to move your hips, twist, and shimmy your way to a fitter you! We will combine dance cardio and belly dance moves to get an ultimate workout. Follow along no dance experience required all levels welcome!

**Instructor: Rec Staff**

## **Musical Theater**

**Location:** Heritage Community Center  
1381 E. Palomar Street  
**Saturdays, 9:30-10:30am**  
**January 12 - March 16**



**Ages: 18+ Cost: Free**

Casting all men and women! Students will explore FUN acting exercises, improv games, dance for musical theater and an introduction to singing. Students will learn songs, acting lines, and dance choreography from a popular musical. Great for building confidence!

**Instructor: Rec Staff**

# **SPECIAL EVENTS**



### **Valentine's Social**

**February 8, 2019, 5:00pm-8:00pm**

Participants will enjoy dancing to their favorite music, arts & crafts, games and refreshments. Make sure to RSVP so we have enough to participate in this evening of fun!

### **Parent's /Guardian's Night Off**

**March 8, 2019, 5:00pm-8:00pm**

Participants will have a fun night hangin' out with staff, playing games and watching a movie with popcorn. Make sure to RSVP so we have enough to participate in this evening of fun!



## **REMINDER:**

**In order to participate you must submit qualifying documents: Signed Doctor's note and Intake form.**

Contact: Carmel Wilson, CTRS, Recreation Supervisor III, [cwilson@chulavistaca.gov](mailto:cwilson@chulavistaca.gov) (619) 409-5439

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